

CLAIMS

1. A food supplement, said food supplement derived from fibre extracts from two or more types of fruit or vegetables, the fibre extracts having had a majority of soluble solids removed therefrom.
2. A food supplement according to claim 1 wherein greater than 90% of soluble solids are removed.
3. A food supplement according to claim 2 wherein from between 93 to 99% of soluble solids are removed.
4. A food supplement according to claim 1 wherein a first of the two or more types of fruit or vegetables is selected from the group consisting of citrus, tomato, carrot, mango, papaya, banana, pineapple, kiwi fruit, spinach and a second of the two or more types of fruit or vegetables is selected from the group consisting of melon, grape, apple and cranberry.
5. A food supplement according to claim 4 wherein the melon is selected from the group consisting of watermelon, rock melon, honeydew melon or champagne melon.
6. A food supplement according to claim 4 wherein the first of the two or more fruit and vegetables is a citrus fruit or carrot and the second of the two or more fruit or vegetables is selected from the group consisting of grape, apple and cranberry.
7. A food supplement according to claim 6 wherein the first of the two or more types of fruit or vegetables is selected from the group consisting of orange, carrot and grapefruit and the second of the two or more types of fruit or vegetables is selected from the group consisting of grape, apple and cranberry.
8. A food supplement according to claim 1 wherein a first of the two or more fruits or vegetables has a calcium content of between 4000 and 15000 ppm and a second of the two or more fruit or vegetables has a calcium content of between 200 and 1500 ppm.
9. A food supplement according to claim 1 wherein a first of the two or more fruits or vegetables has a soluble neutral non starch polysaccharide content of between 2 and 3 percent dry weight and a second of the two or more fruit or vegetables has a soluble neutral non starch polysaccharides content of between 1 and 2 percent dry weight.

10. A food supplement according to claim 1 wherein a first of the two or more fruits or vegetables has a total uronic acids content of between 20 and 40 percent dry weight and a second of the two or more fruit or vegetables has a total uronic acids content of between 5 and 20 percent dry weight.

11. A food supplement according to claim 1 wherein the first of the two or more fruits or vegetables has :
a calcium content of between 4000 and 15000 ppm;
a soluble neutral non starch polysaccharides content of between 2 and 3 percent dry weight; and
a total uronic acids content of between 20 and 40 percent dry weight
and the second of the two or more fruit or vegetables has :
a calcium content of between 200 and 1500 ppm;
a soluble neutral non starch polysaccharides content of between 1 and 2 percent dry weight; and
a total uronic acids content of between 5 and 20 percent dry weight.

12. A food supplement according to claim 11 wherein the first of the two or more fruit and vegetables is an orange, and the second of the two or more fruit or vegetables is selected from the group consisting of apple, grape and cranberry.

13. A food supplement according to claim 12 wherein the first of the two or more fruit and vegetables is an orange and the second of the two or more fruit or vegetables is an apple.

14. A food supplement according to claim 11 wherein the first of the two or more fruit and vegetables is a carrot, and the second of the two or more fruit or vegetables is selected from the group consisting of apple, grape and cranberry.

15. A food supplement according to claim 14 wherein the first of the two or more fruit and vegetables is a carrot, and the second of the two or more fruit or vegetables is a grape.

16. A food supplement according to claim 11 wherein the first of the two or more fruit and vegetables is a grapefruit, and the second of the two or more fruit or vegetables is selected from the group consisting of apple, grape and cranberry.

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17. A food supplement according to claim 16 wherein the first of the two or more fruit and vegetables is a grapefruit, and the second of the two or more fruit or vegetables is a cranberry.
- 5 18. A food product having the food supplement of any one of claims 1 to 17.
19. A food product according to claim 18 wherein the food product contains between 1 and 50 % by weight of the food supplement.
- 10 20. A food product according to claim 19 wherein the food product contains between 1 and 30% by weight of the food supplement.
21. A food product according to claim 20 wherein the food product is a breakfast cereal.
- 15 22. A food product according to claim 20 wherein the food product is a granola bar.
23. A food product according to claim 20 wherein the food product is a soup that contains between 2 and 15% of the food supplement
- 20 24. A food product according to claim 20 wherein the food product is a beverage that contains between 2 and 5 % of the food supplement.
25. A method of preparing a food supplement derived from fibre extracts from two or more types of fruit or vegetables, the method including the steps of removing a majority of the soluble solids from each of the two or more types of fruit or vegetables separately to give fibre extracts from the two or more fruits or vegetables, and combining the fibre extracts to provide the food supplement.
- 25 26. A method of preparing a food supplement according to claim 25 wherein greater than 90% of soluble solids are removed.
27. A method of preparing a food supplement according to claim 26 wherein from between 93 to 99% of soluble solids are removed.
- 35 28. A method of preparing a food supplement according to one of claims 25 or 27 wherein each of the two or more fruits or vegetables is sliced so as to substantially minimise breakdown of the structure of macromolecules forming the fibres.

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29. A method of preparing a food supplement according to claim 26 wherein the method includes the step of inactivating enzymes within the fruit or vegetables.

5 30. A method of preparing a food supplement according to claim 29 wherein the step of inactivating enzymes is by heat inactivation.

31. A method of preparing a food supplement according to claim 30 wherein the majority of soluble solids are removed by liquid extraction.

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32. A method of preparing a food supplement according to claim 31 wherein the extraction liquid is selected from the group consisting of water, chloroform, hexane, chlorinated hydrocarbons, acetone or ethanol.

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33. A method of preparing a food supplement according to claim 32 wherein the extraction liquid is water.

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34. An agent for increasing levels of one or more fatty acids to the colon of an animal or human, said agent derived from fibre extracts from two or more types of fruit or vegetables, the fibre extracts having had a majority of soluble solids removed therefrom.

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35. An agent for increasing levels of one or more fatty acids to the colon of an animal or human according to claim 34 wherein the increase in levels of fatty acid in the colon is greater than the level afforded by any one of the fruits or vegetables alone.

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36. An agent for increasing levels of one or more fatty acids to the colon of an animal or human according to claim 35 wherein the fatty acid is a short chain fatty acid.

37. An agent for increasing levels of one or more fatty acids to the colon of an animal or human according to claim 36 wherein a first of the two or more types of fruit or vegetables is selected from the group consisting of citrus, tomato, carrot, mango, papaya, banana, pineapple, kiwi fruit, spinach and a second of the two or more types of fruit or vegetables is selected from the group consisting of melon, grape, apple and cranberry.

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38. An agent for increasing levels of one or more fatty acids to the colon of an animal or human according to claim 37 wherein the first of the two or more fruit and vegetables is a citrus fruit or carrot and the second of the two or more fruit or vegetables is selected from the group consisting of grape, apple and cranberry.

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39. An agent for increasing levels of one or more fatty acids to the colon of an animal or human according to claim 38 wherein the first of the two or more types of fruit or vegetables is selected from the group consisting of orange, carrot and grapefruit and the
- 5 second of the two or more types of fruit or vegetables is selected from the group consisting of grape, apple and cranberry.

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